

ADRC Education Workshops

All programs offered by the ADRC of Waukesha County meet the highest-level research criteria as determined by the National Council on Aging and the National Institute of Health. The primary goals of Evidence Based Education Programs are to:

- Empower participants to adopt healthy behaviors.
- Improve the health status of participants.
- Help participants prevent the onset or progression of disease health problems.

A Matter of Balance: Managing concerns about Falls

A Matter of Balance acknowledges the risk of falling but emphasizes practical coping strategies to reduce this concern and remain active and independent. The program consists of eight two-hour sessions led by trained facilitator. Falling is not a natural part of aging and by assessing your risk factors and making changes to your environment can be avoided. Participants learn to view falls and fear of falling as controllable, set realistic goals for increasing activity, find ways to reduce fall risk factors by making changes their environment and learn simple exercises to increase strength and balance.

Coming: Fall 2018 @ Three Pillars Senior Community

Boost Your Brain & Memory

Boost Your Brain and Memory is a multi-faceted, whole person program offering a unique approach to brain fitness. Instructor led activities, guide adults through a series of Physical, Emotional, Intellectual, Nutritional, Spiritual, and Social activities that can lead to improved brain health. Each of the 7 or 8-weekly sessions includes informational video segments, followed by group discussion and activities. Program participants learn practices that can help them live a healthier life, remember things better, be more organized and pay closer attention.

Thursdays, **September 27, Oct. 4, 11, 18, 25, Nov. 1, 8, 15**, 2018 (8 weeks)

Time: 1:30 – 3:00 pm light snack offered (Open to Public)

Location: **Aurora Summit Medical Center**

36500 Aurora Drive

Summit, 53066

Contact: Trish Golden @ Aurora Summit: (262) 434-1248 or online www.aurora.org/events

Class size: 20 maximum participants

Wednesdays, **September 12, 19, 26, Oct. 3, 10, 17, 24 (31)** 2018 (7 (or 8) weeks)

Time: 1:30 – 3:00 pm light snack offered (Open to Public)

Location: **Phantom Lake YMCA camp**

S110 W30240 YMCA Camp Road

Mukwonago, WI 53149

Contact: Ruth Tozer: 262/ 227-3590

Boost Your Brain & Memory (continued)

Boost Your Brain and Memory is a multi-faceted, whole person program offering a unique approach to brain fitness. Program participants learn practices that can help them live a healthier life, remember things better, be more organized and pay closer attention.

-----days, **Winter** 2018/19 (7 (or 8) weeks)

Time: 9:30 – 11:00 am (Open to Public)

Location: **YMCA of Greater Waukesha County- Waukesha**

320 East Broadway

Waukesha, WI 53186

Contact: Robyn 262/ 542-2557

Chronic Pain Self - Management

For adults living with chronic pain (such as musculoskeletal pain, fibromyalgia, repetitive strain injury, chronic regional pain syndrome, post stroke, or neuropathy) and for those who support them. Participants gather information and practical tools to develop self-management skills, improve self-confidence and increase motivation to better manage their Chronic Pain symptoms and challenges. This workshop meets for 2.5 hours over 6-weeks. This workshop includes use of the Chronic Pain Workbook and Moving with Ease exercise CD.

Mondays, **July 30, August 6, 13, 20, 27, Sept. 10** 2018 no class 9/3 (6 weeks)

10:00a – 12:30 light snack offered

Location: ProHealth **Waukesha Memorial Hospital**

725 American Ave.

Waukesha, WI 53188

Contact: ProHealth Care class registration (262) 928-2745 or

ADRC of Waukesha County (262) 548-7848

Cost: Complimentary Class size: 10 min. - 20 maximum participants

Wednesdays, **September 12, 19, 26, Oct. 3, 10, 17, (24 if needed)**, 2018 (6 weeks)

1:00p – 3:30p light snack offered

Location: **Aurora Summit Medical Center – Pabst Room**

36500 Aurora Drive

Summit, WI 53066

Contact: Trish Golden @ Aurora Summit: (262) 434-1248 or online www.aurora.org/events

Cost: Complimentary Class size: 10 min. - 20 maximum participants

Thursdays, **September 20, 27, Oct. 4, 11, 18, 25**, 2018 (11/1 if needed) (6 weeks)

8:30a – 11:00a light snack offered

Location: **community Memorial Hospital -conference room**

W180 N8085 town Hall Road

Menomonee Falls, WI 53051

Contact: Class Registration: (800) 272-3666

Cost: Complimentary Class size: 10 min. - 20 maximum participants

Coffee – Tea and Talks

Every first Tuesday of the month. All Coffee Talks will run 10 – 11 am. Due to limited seating, reservations are highly suggested. Join us for complimentary coffee, tea and treats while listening to expert presentations on health related topics. There will be time for questions and answers. An Information & Assistance specialist from the ADRC will be available to assist you.

Health and Human Services of Waukesha: 514 Riverview Ave., Waukesha, Room 114 (10:00 am)

July 3: Diabetes Prevention

Stoney Creek Senior Apartments: S69 W14142 Tess Corners Drive, Muskego Community Rm (10:30 am)

Eat Better Move More

Eat Better Move More meets for ~1 ½ hours, and includes both nutrition information and exercises important for keeping older adults healthy and independent. **Part 1** follows MyPlate guidelines. **Part 2** follows DASH (Dietary Approaches to Stop Hypertension) Diet nutrition guidelines. Safe exercises to promote balance, strength, flexibility and endurance are important components of these sessions. Participants may be asked for approval from their medical provider before beginning the program. For adults aged 60+. (Presented in collaboration with Mount Mary University Dietetics Department students.)

(No scheduled workshops at this time)

Healthy Living with Diabetes

This workshop is ideal for any adult with Pre-diabetes or type 2 Diabetes as well as those adults living with someone who has Diabetes or Pre-diabetes. Participants learn skills to increase their knowledge and confidence about managing diabetes. Monitoring, nutrition, action planning, exercise and symptom management are some of the topics covered during these 6 weekly sessions. This workshop does not replace your existing treatment regimen.... Rather it complements it.

Mondays, **June 4, 11, 18, 25, July 2, 9**, 2018 (6 weeks)

10:00 a – 12:30 Open to the Public / Light snack and refreshment offered

Location: ProHealth **Waukesha Memorial Hospital Conference Room 1 & 2**
725 American Ave.
Waukesha 53188

Contact: ProHealth Care class registration (262) 928-2745 or
ADRC of Waukesha County (262) 548-7848

Cost: Complimentary includes workbook

Class size: 10 min. - 20 maximum participants

Healthy Living with Diabetes cont.

Participants learn skills to increase their knowledge and confidence about managing diabetes. Monitoring, nutrition, action planning, exercise and symptom management are some of the topics covered during these 6 weekly sessions. This workshop does not replace your existing treatment regimen.... Rather it complements it.

Wednesdays, **September 5, 12, 19, 26, October 3, 10**, 2018 (6 weeks)

1:30 p – 4:00 p Open to the Public / Light snack and refreshment offered

Location: ProHealth **Oconomowoc Memorial Hospital** Lac LaBelle/ Fowler Room

791 Summit Ave.

Oconomowoc 53066

Contact: ProHealth Care class registration (262) 928-2745 or

ADRC of Waukesha County (262) 548-7848

Cost: Complimentary includes workbook

Class size: 10 min. - 20 maximum participants

Living “Life” Well with Chronic Conditions

This workshop focuses on learning information and skills to better manage the daily aspects of chronic conditions. It is appropriate for adults, who are not suffering from dementia, that have one or more chronic (ongoing) health condition. And those who live with someone who has a chronic or ongoing health condition. Examples of ongoing / chronic conditions are: Heart and lung problems, high blood pressure, high cholesterol, chronic pain, Arthritis and Asthma, as well as Crohn’s disease and Depression. During this highly participative 6 week workshop you will learn practical ways to deal with complications that arise when living with ongoing health condition. Participants learn to manage and maintain healthy active lives. You will Feel Better, Be in Control and Do this Things YOU want to do.

(If you wish to host a workshop please contact Lee: (262) 548-7848)

Mondays, **June 11, 18, 25, July 2, 9, 16**, 2018 (6 weeks)

3:00p – 5:30p light snack offered

Location: ProHealth **Waukesha Memorial Hospital**

725 American Ave.

Waukesha 53188

Contact: ProHealth Care class registration (262) 928-2745 or

ADRC of Waukesha County (262) 548-7848

Cost: Complimentary includes workbook

Class size: 10 min. - 20 maximum participants

Powerful Tools for Caregivers

Designed specifically for family caregivers (not professionals) who care for elderly or special needs persons, this 6 week focused workshop empowers caregivers to improve self care. Caregivers will learn how to reduce stress, improve communication, set action plans and solve problems. It offers solid information on hiring in home help, dealing with financial concerns, overcoming depression, making driving decisions, and working with memory impairment. After completing this course, many participants report they were able to overcome the challenges that arise with caregiving. Respite care through the ADRC is possible upon request.

WANTED: Workshop facilitators – training and materials provided

Tuesdays, **June 19, 26, July 10, 17, 24, 31** 2018 no class 7/3 (6 weeks)

3:00 p – 4:30 p light snack offered

Location: ProHealth **Waukesha Memorial Hospital**

725 American Ave.

Waukesha 53188

Contact: ProHealth Care class registration (262) 928-2745 or

ADRC of Waukesha County (262) 548-7848

Cost: Complimentary includes workbook

Class size: 10 min. - 20 maximum participants

Stepping On (falls prevention)

This 7 week program is perfect for active senior adults who have fallen in the past year or have a “healthy respect” for the consequences of a fall. This highly interactive workshop covers exercises to improve strength and balance. Participants are empowered to take an active role in fall prevention. Weekly topics explore the role vision, medications, sleep, home hazards and footwear play in falls prevention. Simple balance and strengthening exercises are taught beginning at session #1. Active, independent living adults without dementia will see the most improvement.

(If you wish to host a workshop please contact Lee: (262) 548-7848)

Fridays, **May 11, 18, 25, June 1, 8, 15, 22** 2018 (7 weeks) + Reunion class

10:00 a – 12:30 p light snack offered

Location: ProHealth **Waukesha Memorial Hospital**

725 American Ave.

Waukesha, 53188

Contact: ProHealth Care class registration (262) 928-2745 or

ADRC of Waukesha County (262) 548-7848

Cost: Complimentary ankle weights

Class size: 10 min. - 15 maximum participants

Stepping On (falls prevention) continued

This highly interactive workshop improves strength and balance. Participants are empowered to take an active role in fall prevention. Weekly topics explore the role vision, medications, sleep, home hazards and footwear play in falls prevention. Active, independent living adults without dementia will see the most improvement.

Thursdays, **August 16, 23, 30, September 6, 13, 20, 27**, 2018 (7 weeks)

1:30p – 3:30p light snack offered

Location: **Aurora Summit Medical Center**

36500 Aurora Drive

Summit, WI 53066

Contact: Aurora Summit (262) 434-2600 or online www.aurora.org/events

Cost: Complimentary Class size: 10 min. - 15 maximum participants

Strong Bodies: *Be Strong - Stay Strong*

Osteoporosis is a serious medical condition for both men and women. The good news is that it is a preventable and treatable disease. Strong Women™, developed at Tufts University, is a national evidence based community program targeted to midlife and older women / men. The complete Strong Bodies program aims to prevent or manage osteoporosis and build strength through sound nutrition and targeted exercise. The 10 – 12 week workshop meets twice weekly for 1 hour. Workshop is a collaborative effort between the ADRC and UW Extension.

Spring session starting soon